

NH POLICE STANDARDS & TRAINING COUNCIL

AGILITY TESTING (35 PERCENTILE)

MALES

AGE	RUN	BENCH*	SIT-UPS	FLEX **	PUSH-UPS
18-29	13:06	.96	37	16.0	27
30-39	13:53	.86	33	15.0	21
40-49	14:47	.78	28	14.0	16
50-59	15:53	.70	22	12.5	11
60+	16:58	.65	18	12.0	9

* MULTIPLY X BODY WEIGHT

FEMALES

AGE	RUN	BENCH*	SIT-UPS	FLEX **	PUSH-UPS
18-29	15:48	.58	31	19.0	22
30-39	16:23	.52	24	17.8	17
40-49	16:59	.48	19	17.0	11
50-59	18:09	.43	12	16.0	10
60+	18:54	.41	5	15.2	4

* MULTIPLY X BODY WEIGHT

APPLICANTS MUST PASS ALL OF THE ABOVE TASKS

NH MARINE PATROL AGILITY TESTING PROCEDURE

The Marine Patrol's staff will administer the tests to each candidate upon entry. Candidates must pass all five in order to move on to the next stage of the process.

The tests chosen from Dr. Cooper's battery are as follows:

1. **1.5-Mile Time Run**. This is a test of the aerobic power that is so important to police officers when responding physically in an emergency situation. This test requires a nearly exhaustive effort, or at least at the level of the higher intensities at which the individual has been training. It takes place on an indoor or outdoor track (six laps of 440-yard track is 1.5 miles) or other suitable, relatively level running area, and is measured with a stopwatch. Participants should not eat for at least two hours before the test. The individual should do some stretching and warm up exercises prior to the test, and allow adequate time for cool down by walking or jogging at a slow pace following the test.
2. **One-Repetition Bench Press**. This is a test of adequate muscular strength or the amount of tension a muscle can exhibit in one maximal contraction. Since the bench press goes through the full range of motion, it correlates well with total body strength criterion. The equipment required is either a barbell bench and a barbell set, or a Universal gym or similar piece of equipment, with adequate weight capacity. The target weight is based on a person's age, sex, and body weight. Each person will be allowed to lift the bar three times, two of which can be used as warm-ups at a weight less than the target weight. Warm ups are encouraged, but not required. One full repetition at the target weight must be completed successfully to pass this test.
3. **Push-Ups**. These test muscular endurance, or the ability to contract the muscles repeatedly over a period of time, which indicates efficiency in movement and the capacity to do work. It focuses on the shoulder girdle (deltoids, pectorals, and triceps) which is important in defensive tactics, handcuffing, and rescue operations. Candidates must keep their legs and back straight and knees off the ground at all times and from the "up" position, lower themselves to the floor until their chest touches to within three (3) inches, then push to the "up" position again. The total numbers of push-ups with correct form in one minute are recorded as the score. Females are allowed to use the modified female push-up position. If a person must rest during this test, it must be done in the "up" position.
4. **Sit-Ups**. This event measures the muscular endurance of the abdominal area, which is important in the prevention of injuries while doing police work. The candidate lies on his/her back, knees bent, heels flat on the floor, with a partner holding the feet down, then does as many sit-ups in correct form as possible in one minute. In the "up" position, candidates must touch their elbows to their knees, and both shoulders should touch that floor in the "down" position. The score is the number of correct sit-ups in one minute. If a person must rest during this test, it must be done in the "up" position.

5. **Sit and Reach Test.** This event measures flexibility, and is included because of the widespread problems in today's society with low back pain and joint soreness that are related to sedentary lifestyles. The trunk flexion test measures hip and back flexibility as demonstrated by the elasticity of the muscles of the back of the legs and trunk. The test requires a box and a yardstick with a 15-inch mark at the edge. The subject warms up slowly by practicing the test, sitting on the floor or mat with legs extended at right angles to a taped line on the box. The heels touch near the edge of the box, and are eight (8) inches apart. The yardstick is placed between his/her legs and rests on the box, with the 15-inch mark on the edge of the box. The subject slowly reaches forward with both hands as far as possible, and holds the position momentarily. The distance reached on the yardstick by the fingertips in inches or the best of three trials, is the flexibility score.

